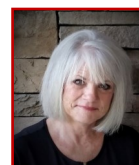


SR. CENTER HIGHLIGHTS:

Welcome our Newest Team Member!
Divya Venkat

Program Coordinator Eastern Wake Senior Center
Starting November 15, 2021



Jennie Griggs
Program Director

Hello Everyone,

My name is Divya Venkat, and I look forward to working with you all as the new program coordinator. I have extensive clinical and educational experience working with the dementia and Alzheimer's population and have grown a passion towards advancing evidence-based health promotion and disease prevention. Particularly, my passion towards healthy aging initiatives, risk management, and falls prevention developed during my work as a CNA directly seeing patient falls in nursing homes and hospitals. I was able to work towards creating a system that flags residents that are decompensating for early recognition and better treatment by linking measures to outcomes. After holding different positions in the healthcare field, I see how pivotal it is to work together to deliver quality care and execute reliably for a common goal: care for our population. As a current MPH candidate at Gillings School of Global Public Health in the Leadership in Practice concentration, I am excited to bring my systems thinking, strategic planning, capacity-building, and performance improvement skills to the senior center to transform the community, enable innovative-thinking, and promote wellness through expanding evidence-based programs. I look forward to meeting the team!



Live on Facebook

Visit Northern and Eastern Wake Facebook page.

Wednesday Whereabouts

Live: 3:30pm - November 3, 2021

Guest: Bonnie Barrett, Health & Wellness Coach
SHIIP Counselor, Resources for Seniors



VOTE THIS WEEK!

As we enter the holiday season, let's not forget about one of the greatest gifts of all. The 15th amendment of the US constitution and the right to vote not denied by race. Curious about the percentage of voters in NC, I found that in the 2020 election, over 1.8 million or 75% of NC registered voters did not cast their ballots. I know this year, 2021 represents the municipal elections in our state. Our municipal elections control local tax rates, make decisions about development, policing, trash services, and other issues that affect our daily lives. This is an election where mayors, commissioners, and councilpersons are elected. There may also be various local referenda, such as property taxes that are on municipal ballots. Important? Heck yes!

With local growth modes, the outcome of this election could make a vast difference. As we speak, decisive conversations and study groups are in the works relative to affordable housing, adult day care, and other issues that we as seniors face every day. I encourage each of you to unwrap one of the greatest gifts, our right to vote, pull it out of the gift box and stuff your vote in the ballot box. Exercise your right. Many people have given their lives for it. See you at the polls!

<https://www.ncsbe.gov/voting/upcoming-election>

WFAE | By Coleen Harry. (2021, January 18).

October 29, 2021

SR. CENTER FEATURED CLASSES IP NWSC

NEW: CLEAN FUN: One Time Special IP Experience

Carolyn Zahnow with Shore Soap is offering a Soap Creation Class on Monday 11/15/2021 from 2-4PM. You will learn how to create beautiful and artistic soap from a glycerin soap base. Carolyn will provide all materials (soap base, mica to color soap, fragrances, molds, etc.) You are invited to bring your favorite essential oil to use. You will take home at least 2 bars of soaps. Class will last approximately 2 hours.

COST: \$15.00 for supplies cash only.



Wake Tech: NEW & OPEN CLASSES NWSC (IP)

“Fraud and Identity Theft”

When: Tuesday, November 16th, 17th, 18th, 19th from 1:00-3:00 PM **Checks only payable to Wake Tech Community College. Must have 6 people minimum in classes to be held. Call NWSC to get on the list and they will provide registration time. All classes taught by Jerry Glenn. Note: Classes are lectures.**

Cost: \$15 (6)

Don't Miss! NEW: Creating a Backyard Wildlife Garden

Taught By Anita Stone

Learn about birds, pollinators, and other wildlife, critical for an eco-friendly habitat. Learn to create a safe, natural haven with simple guidelines. You will become familiar with native plants, shrubs, and trees for protective shelters. Learn to invite wildlife while creating a safe environment for humans and animals. You don't want to miss this class.

WHEN: Wednesday Nov 3rd and Nov. 10th 9:30 –11:30 AM

Cost \$25 checks only payable to Wake Tech Community College. Must have 5 people for class to be held. Call NWSC to get on the list and they will provide registration time.



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October 29, 2021

SR. CENTER FEATURED CLASSES

NEW & OPEN CLASSES NWSC (In-Person)

Registration in process: NWSC

TAI CHI for Life 10AM MON IP Pre-requisite Tai Chi 1 & 11

Taught by Cathy Perkinson. Beginning Nov 8th Sun Style 42 & 73 and beyond. Masks Must be worn at all times. Class Size limited. Registration & waivers required.

Registration in process: NWSC

Acrylics 1PM Tues. IP

Taught by Gaylord Picard. Registration required. Class size limited.

Registration in process: NWSC

Wood Carving 1-4PM Thurs IP

Workshop taught by Danny Mills. Limited space available. Must register.



EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services including our Evidence Based Classes is a combination of federal, state, county, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in programs and services is **not** dependent upon your willingness or ability to contribute.

To make a contribution, or for more information, go to: www.resourcesforseniors.com.

Note: Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to determine eligibility.

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October 29, 2021

SR. CENTER FEATURED CLASSES

NEW & OPEN CLASSES EWSC (In-Person)

Registration in process: EWSC: Class held at

ZUMBA Gold toning 9AM FRI. IP

Taught by Linda Thomas. Class size limited. Registration & Waivers required. Call EWSC 919-365-4248. Classes held at Town of Wendell Community Center Building.



Registration in process:

Aerobics Lite 10:30AM MON. IP

Taught by Cindy Hadden. Class begins November 29th. Registration and Waivers required. Class size limited. Call EWSC 919-365-4248. Classes will be held at Hepsibah Baptist Church.

Note: All Virtual Classes are available to both NWSC and EWSC. The classes are listed on calendar pages of newsletter. Must call appropriate center for class registration, waiver and link.

Thank you  **aetna**™

For sponsoring Linda Thomas' Tone and Sculpt Class Tuesdays and Thursdays at 10AM.

Thank you  **Humana**

For sponsoring Linda Thomas' Cross Punch Class Tuesdays and Thursdays at 9AM



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**Community Making a Difference:
Northern Wake Senior Center is a Pick Up
and Drop off Site for:
Samaritans Purse Operation Christmas
Child Shoebox Collection**

Shoeboxes are ready for pickup! Please join Rolesville Baptist Church and the Northern Wake Senior Center in preparing a shoebox (or 2!) as we participate in this annual Samaritan's Purse event. Completed shoeboxes are due back by **November 12th** and can be returned to the pickup location. We have activity pages available for our younger folks to use to send messages to the shoebox recipients and there is also an option for you to be able to track your box until it reaches it's final destination in the hands of a child. The boxes will be collected and delivered the week of November 15th to the shoebox collection site. Thank you so much for participating in this national annual event.



**Northern Wake Senior Center Raffles Donated Tickets:
It's Beginning to Look a lot like Christmas;**

Thank you Renaissance Center!

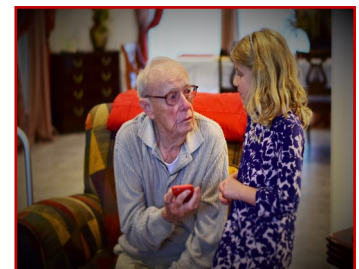
**Come to the NWSC and take your chances on free tickets to
Dec 5th 3PM performance. 2 raffle tickets for \$5.00**

Proceeds go to our Fundraising Campaign.



The Senior Network, Inc.

Many seniors living in our community are alone and have various needs. The needs may be as practical as transportation to the store or post office or picking up groceries. They may need someone to communicate with regularly, cut their grass or help with a cell phone. Regardless, this group of volunteers from local churches has been organized under the leadership of Melanie Crippen and is working diligently to fulfill the needs and desires of seniors in local communities. Melanie may be reached at melaniekcrippen@gmail.com.



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October 29, 2021

PROGRAMS & SERVICES:

EWSC Caregiver Support Group: This support group will provide caregiver support, education, and resources.

When: 3rd Tuesday of each month at 1:30PM.

Location: Wendell Community Center, 601 W. 3rd Street, Wendell

For additional information and to register, call Nancy Broadwell,

Regional Service Coordinator with Resources for Seniors, at

984-232-4215 or email raleighsc@rfsnc.org



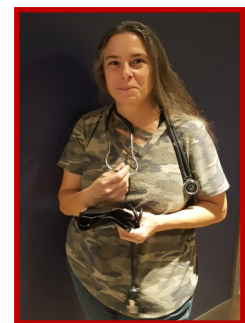
DO YOU NEED:

SHIIP (Senior Health Insurance Information Program) Appointments:

SHIIP has state-trained experts specially trained to answer your Medicare questions and to help with other insurance issues important to seniors such as selecting a Medicare prescription drug plan, preventing Medicare billing fraud and abuse, choosing a Medicare supplement plan, and long term care insurance.

If an individual needs a SHIIP appointment, they need to call the center and the staff will help them make an appointment with one of the SHIIP counselor. They have the option of meeting in person or over the phone. For in-person, the staff will call them to confirm the time and date before the day of the appointment.

- Northern Wake Senior Center at 919-554-4111
- Eastern Wake Senior Center at 919-365-4248



MEDICATION MANAGEMENT CONSULTATION?

Dr. Casey Baldwin, Resources For Seniors Dr. of Pharmacy, and Clinical Assistant Professor, Campbell University College of Pharmacy, is available to discuss your medications prior to making a selection of your Medicare or Drug Plan for the Medicare open enrollment season beginning October 15th. Call the Northern Wake Senior Center to schedule an appointment. All appointments are free of charge.

REGISTER NOW: FREE Medication Consultations NWSC

When: Tuesday, Oct 26th

Time: Call to Schedule 919-554-4111

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Community Events & Programs: Free Online Safety Tips & Self-Defense 101



Senior Safety: Becoming Fearless...

Fear of crime and being the victim of a crime, at home or in the community, is a concern many older adults share. Often one can read or hear news stories of older adults being the target of burglary, property crimes, and even assault. What if there was a way to empower yourself to address such concerns or fears?

If you are interested in increasing your safety skills, then "Safety Tips & Self-defense 101" is for you. It's a free online 6-week program providing group discussion and educational information on personal safety, home safety, community safety, financial safety, and even various self-defense techniques; from verbal and mental self-defense to physical self-defense techniques.

The aim of the program is to assess your experience any change in fear of crime, perceived risk of crime, and perceived self-efficacy to address unsafe situations.

For further information, please contact Ms. Meg Sanders, at **Sandersm05@students.ecu.edu** about the program or access the link below. Please know, all participants will be required to complete a physical readiness questionnaire, meet the program criteria (listed on the left-hand side), commit to participating all six-weeks, and complete various assessments online. I look forward to your participation!

*Let's become fear-less
together!!*

**Instructor: Meg Sanders
MS, Doctoral Candidate**

PROGRAM DETAILS:

Where: Program is provided remotely online at your convenience.

Program details:

- 1-session a week, for 1-hour, for a total of 6-weeks
- Assessments are used to evaluate progress will be provided online, for your convenience.
- Current Class Availability
 - Tuesdays @ 7-8 PM
 - Thursdays @ 2-3 PM, or
 - Thursday @ 7-8 PM

Criteria to participate includes:

- Must be 55-years of age or older
- Be physically, emotionally, and mentally able to engage in the program
- Access to reliable Wi-Fi and technology to participate online
- Complete various assessments online.

Participation Link -(copy & paste into a new tab):

https://ecu.az1.qualtrics.com/jfe/form/SV_er1s3DIWiWd2aVg

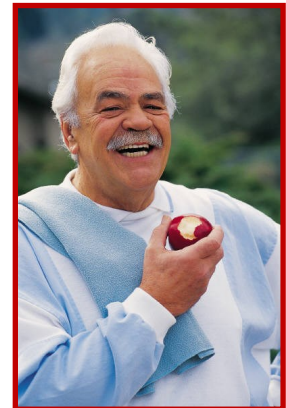
Community Events & Programs cont:

Small Bites with Amber:

Meet Amber Tuttle, an occupational therapy assistant student at Durham Tech. From time to time, she will be providing “Small Bites” of information, tips, tricks, precautions, and recipes for thriving as you age in our newsletter. She will also be featured on our **Facebook Live on November 10th at 3:30 PM.** Her tip today is on dysphagia.



What is Dysphagia? Dysphagia means someone has trouble swallowing food or liquids. According to the recent mayo clinic study, 10 – 33 percent of older adults are affected by dysphagia. If a person has dysphagia, some signs you might see are coughing or gagging while eating, choking while eating, weight loss, and indigestion. Some things can be done to help manage dysphagia. This week's tip focuses on Posture. The person needs to sit fully upright when eating or drinking. Good Posture helps food or liquids move more quickly into the stomach, preventing choking or food in the airway. If the person is propped on pillows in a bed or sitting in a reclining or wheelchair, they may need assisting propping or readjusting to eat and drink safely.



REMEMBER: Visit the Resources for Seniors Website to find Wake County Resources such as Home Repair, In-Home Care, Information and Referral, Adult Day Services, just to name a few.

<http://www.resourcesforseniors.com/>

NORTHERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

Monday November 1	Tuesday November 2	Wednesday November 3	Thursday November 4	Friday November 5
9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	9:00 Yoga (IP, 4 wk) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Adv. Tai Chi/ Qigong (V, EWSC) 9:00 Cross Punch(V)	9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9 – 12 Open Studio Time (St. A, clay & St. C, Art) (call before attending) (NWSC)(IP) 9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)	9:00 Yoga (IP, 4 wk) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Cross Punch(V)	9:00-10:30 Walk w/ Ease (IP, CLOSED) (Joyner Park)
10-12 Drawing (H, 4 wk, FULL)	10-12 Watercolor (H, 4 wk, FULL) 10:00 Tone & Sculpt (V) 10:15 Chair Balance (V, EWSC)		10:00 Tone & Sculpt (V) 10:15 Chair Balance (V, EWSC)	
	11:00 Geri Fit (IP, CLOSED) 11:00 Barre (IP, 4 wk, preregister) 11:00 Beginners Friendly Line Dance (V)	11:00 Fit & Strong (IP, CLOSED)	11:00 Geri Fit (IP, CLOSED) 11:00 Returning Student Line Dance (IP)	11 – 2 Pottery Group (call before attending) (NWSC)(IP) 11:00 Fit & Strong (IP, CLOSED)
12:30 Zumba Gold Cancelled		12:00 Chair Yoga (IP, 4 wk) 12:30 Zumba Gold (V)		12:30 Zumba Gold (V)
1 – 3 Pastels (H, 4 wk, preregister) 1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP)	1 – 3 Acrylics (IP, 4 wk, FULL) 1 – 4 Pottery Group (call before attending) (NWSC)(IP)	1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP) 1 – 4 Quilt, Stitch & Gab (St B, call before attending) (NWSC)(IP)	1 - 4 Open Studio Time (St. C, Art) (call before attending) (NWSC)(IP) 1 – 4 Woodcarving (call before attending) (NWSC)(IP)	
	2:30 Chair Yoga (V, EWSC)	2-4 Jewelry Making (V, EWSC)		2:30 Chair Yoga (V, EWSC)
3:30 Chair Yoga (IP, 4 wk, preregister) 3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook	3:30 Live update on Facebook

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EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

Monday Nov 1	Tuesday Nov 2	Wednesday Nov 3	Thursday Nov 4	Friday Nov 5
9:00 Walk With Ease Wendell Community Park w/Cindy	9:00 Cross Punch w/ Linda T (V) Wake For- est Registration	9:00 Walk With Ease Wendell Community Park w/Cindy	9:00 Cross Punch w/ Linda T (V) Wake For- est Registration	9:00 Walk With Ease Wendell Community Park w/Cindy End of Session 9:00 Zumba w/Linda at Wendell Commu- nity center
10:00 MOW congre- gate pick-up				
10:00 Tai Chi w/Myra Wendell Registration	10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration 10:00 SHIP Counselor, Susan Howlett & Larry Bradbury open enroll- ment Wendell appoint- ments only	10:00 Tai Chi w/Myra Wendell Registration	10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration 10:00 Meditation & Relaxation w/Sarah (IP) Wendell Registra- tion	
11:00 Geri-fit w/Myra (IP) Wendell Registra- tion	11:00 Beginning Line Dance w/Cindy (V) Wake Forest Registra- tion	11:00 Geri-Fit w/Myra (IP) Wendell Registration	11:00 Intermediate Line Dance w/Cindy (V) Wake Forest Reg- istration 11:30 Ceramics w/ Rosetta (IP) Wendell Registration.	
12:30 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration		12:00 Zumba Gold w/ Maria (V) Wake Forest Registration
	1:30 Crochet w/Paula Wendell Registration		1:00-3:00 Acrylic Painting Class w/ Janet (IP)Wendell	
		2:30 Strutters Practice		2:30 – 3:30 Chair Yoga w/ Rosetta (V) Wendell
Monday Message Fa- cebook Live @ 3:30	3:30 Facebook Live	3:30 Facebook Live Wednesday Whereabout	3:30 Facebook	3:30 Facebook Live

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